



# HEALTHY SCHOOLS

## CAMBRIDGESHIRE & PETERBOROUGH

December 2020

It is widely acknowledged that the Coronavirus pandemic is continuing to present unprecedented challenges to schools at this current time and programmes have had to be adapted to provide greater flexibility for delivery. To this end a large number of organisations across both Cambridgeshire and Peterborough are continuing to work in collaboration to produce programmes that can be implemented independently as part of the school's overall PSHE programme to help support the health, safety and resilience of students and the wider school community.

The initiatives and interventions that are summarised below provide an insight into the scope of work being delivered by the Healthy Schools network of partners which are featured on the [Healthy Schools Website](#).

Organised by theme for ease of reference these include:



### Health and Wellbeing Awards:

In view of the very different circumstances in which everyone is working, the process for applying for Healthy Schools status has been reviewed to enable schools to take an online health check which should take no longer than 15 minutes. This provides the benefit of a self-assessment with sign posting to the next steps to take to help comply with the requirements of the new Health Education curriculum.

[Click here](#) for the Healthy Schools Audit Tool.



## PSHE:

Primary schools in Cambridgeshire and Peterborough are invited to sign up for DfE funded RSHE training opportunities provided by East London Schools Partnership in collaboration with the Cambridgeshire PSHE Service. The training will take place during the Spring Term and will take the form of three live online sessions and online training modules. For Secondary Schools there is a similar invitation to join a series of webinars linked to the statutory guidance for the RSHE curriculum. These are being delivered by the Mid Suffolk Teaching School Alliance between January and March. For more information contact:  
[pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

Dhiverse – the local sexual health charity – has recently launched **Webchat** – which provides the opportunity for young people to chat confidentially online with a member of the specialist team, thereby eliminating the need for a face to face appointment.

For schools wishing to pursue a national quality assurance framework focusing on LGBTQ+, inclusion and visibility, **The Kite Trust** will be delivering training for The Rainbow Flag Award on 21st January. This training will also be offered at various intervals throughout the year. For further details and general enquiries contact:  
[bethan@thekitetrust.org.uk](mailto:bethan@thekitetrust.org.uk)

The youth smoking prevention programme **Kick Ash** has been re-modelled to provide a generic package of resources for delivery in school as well as specialist support for young people who are wanting to stop smoking. To provide optimal flexibility and to enable as many schools as possible to access the programme at this critical time, it has therefore been designed for self-delivery but with sign posting to support for those young people who require it. This is provided by both **Healthy You** as well the Child Health Programme team via the **Chat Health Service**



## Mental Health and Wellbeing:

The national **Wellbeing for Education Return programme** which seeks to promote the wellbeing, resilience and recovery of young people in response to COVID-19 is continuing to be delivered virtually between January – June at no cost to schools. These online sessions provide the opportunity to listen to nationally accredited research and good practice as well as to share experiences and collaborate with staff from other schools and colleges.



## Keeping Safe:

Funded by the Office of the Police and Crime Commissioner, the [Community Eyes and Ears staff awareness module](#) has just been released in an online format to allow individual staff members, including non-teaching staff and governors, to access the key points of information and video clips in their own time. The themes covered in the module include: cyber-crime, scams and fraud, hate crime, children and adults at risk of abuse and neglect, radicalisation, loneliness and modern slavery.

To compensate those primary schools that were unable to participate in the [Safety Zone](#) programme last academic year, Cambridgeshire Fire and Rescue Service in collaboration with many partners have produced a virtual package of resources that is available free of charge via the Healthy Schools website. Student workbooks are available on request to support the video content and key messages on all aspects of keeping safe: Fire, Water, Road, Railway, Cyber, Dog, Product and Stranger Safety.



## Resilience:

Through the partnership with the national charity Bounce Forward, funding has been secured via the Social Enterprise Support Fund to enable Reception and Early Years teachers across Cambridgeshire and Peterborough to participate in [Think Equal](#) – a social and emotional learning programme, aimed at 3–5 year olds. The focus of this is on engaging children through play and vibrant stories to teach kindness, empathy and social skills. There are 57 places available which can be booked [here](#) until the 8th January 2021 although places will be allocated on a first come first served basis.



## Physical Activity:

In readiness to welcome in the Spring Term, Living Sport has set a new challenge for The Daily Mile – an expedition up Mount Mile. The challenge will be launched at the start of the Children and Young People's Mental Health Awareness Week on 5th February as there will be a plethora of wellbeing rewards and resources that can be unlocked at significant stages on the journey to reaching the “summit!”

Click [here](#) to find out more and get involved.

Also looking ahead to the new year are The School Games Organisers who are planning a month-long **Healthy Selfie campaign** in January for schools and families to show how they stay active. The ask is simple – for schools to set aside a noticeboard and encourage both staff and students to share their “active” selfies.



### **Healthy Eating:**

As part of the Government's drive to tackle Childhood Obesity, schools should now be looking to deliver Health Education.

Participation in a food accreditation programme is also a requirement of the national Healthy Schools Rating Scheme. The local Food Smart programme has therefore been designed to be as easy as possible for schools (both primary and secondary) to work through with little to no paperwork or portfolios of evidence. To find out how to become Food Smart, contact: [education@pect.org.uk](mailto:education@pect.org.uk)

### **Next Time:**

Information will be provided on the School Health Profile which is set to be launched in conjunction with the Healthy Child Programme to all schools in February – the aim of this will be to provide a universal system for collating data on the health and wellbeing needs of students whilst signposting schools to relevant quality assured services.

**Wishing you all a well-deserved festive break and hoping for a brighter and more promising 2021.**

